

Ruth Pugh

BSc Hons MCSP

I qualified as a Chartered Physiotherapist in 1999 and started my career working for the NHS in Wakefield at Pinderfields General Hospital where I developed my interest in Neurological Physiotherapy. In 2004 I moved to Barnsley and worked both in the community setting and as the service lead for the Neurological Physiotherapy Out-Patient service, treating patients with a wide variety of neurological conditions.

I HAVE SPECIALIST AND EXTENSIVE EXPERIENCE IN

- Stroke
- MS
- Parkinson's Disease
- Neuropathies & Polyneuropathies

- Neuromuscular conditions
- Traumatic and acquired brain injury
- Vestibular conditions
- Other neurological conditions

My interest is in working with patients with neurological conditions and assisting them to reach their rehabilitation potential. I use an eclectic approach including hands on facilitation and exercise prescription to help patients to achieve their therapeutic goals and optimise their level of function.

I maintain my continuing professional development by attending courses including Bobath and PD warrior.

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The visits are highly sympathetic to specific conditions on particular days which vary considerably with neurological conditions. I would highly recommend Sheffield Neurophysio and Ruth.

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Ruth is focussed directly on my personal condition and there has been a measurable improvement in it .

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I am a member of:

